



TIME	RACE	CATEGORIES
09:00	Race 1	Masters 55-59 Open 2000m Masters 65-69 Open 2000m Masters 70-74 Open 2000m Masters 75-79 Open 2000m
09:15	Race 2	Masters 50-54 Open 2000m Masters 55-59 Women 2000m
09:30	Race 3	Masters 50-54 Women 2000m Masters 60-64 Open 2000m Masters 60-64 Women 2000m Masters 70-74 Women 2000m Masters 75-79 Women 2000m Masters 80-84 Open 2000m Masters 85-89 Open 2000m
09:45	Race 4	Masters 30-39 Women 2000m Masters 40-49 Open 2000m
10:00	Race 5	Masters 40-49 Open 2000m
10:15	Race 6	IAR4 Open 4mins IAR4 Women 4mins IAR5 Open 4mins IAR5 Women 4mins IAR6 Open 4mins IAR6 Women 4mins PR3 Open 4mins PR3 Women 4mins
10:30	Race 7	Masters 30-39 Open 2000m
10:45	Race 8	Masters 40-49 Women 2000m Masters 50-54 Lwt Open 2000m Masters 55-59 Lwt Open 2000m Masters 55-59 Lwt Women 2000m Masters 70-74 Lwt Women 2000m Masters 80-84 Lwt Open 2000m
11:00	Race 9	Masters 30-39 Lwt Open 2000m Masters 40-49 Lwt Open 2000m Masters 60-64 Lwt Open 2000m Masters 65-69 Lwt Open 2000m Masters 70-74 Lwt Open 2000m
11:15	Race 10	Masters 30-39 Lwt Women 2000m Masters 40-49 Lwt Women 2000m Masters 50-54 Lwt Women 2000m Masters 60-64 Lwt Women 2000m Masters 65-69 Lwt Women 2000m Masters 75-79 Lwt Open 2000m Masters 75-79 Lwt Women 2000m
11:30	Race 11	Sixth Form Boys (IAR6) 2000m Sixth Form Boys 2000m



TIME	RACE	CATEGORIES
11:45	Race 12	Sixth Form Girls (IAR6) 2000m Sixth Form Girls 2000m
12:00	Race 13	Year 9 Boys (PR3) 4mins Year 9 Boys 4mins Year 9 Girls 4mins
12:08	Race 14	Year 9 Girls 4mins
12:16	Race 15	Year 9 Boys 4mins
12:24	Race 16	Year 10 Boys (IAR2) 5mins Year 10 Boys (IAR6) 5mins Year 10 Boys 5mins Year 10 Girls 5mins
12:33	Race 17	Year 10 Girls 5mins
12:42	Race 18	Year 10 Boys 5mins
12:51	Race 19	Year 8 Boys 3mins Year 8 Girls (IAR5) 3mins Year 8 Girls (IAR6) 3mins Year 8 Girls 3mins
12:58	Race 20	Year 8 Girls 3mins
13:05	Race 21	Year 11 Girls (PR3) 6mins Year 11 Girls 6mins
13:15	Race 22	Year 11 Boys 6mins
13:25	Race 23	Year 7 Boys 2mins
13:31	Race 24	Year 7 Girls 2mins
13:37	Race 25	Open 2000m PR3 Open 2000m
13:52	Race 26	PR3 Women 2000m Women 2000m
14:07	Race 27	Lwt Open 2000m Lwt Women 2000m Under 23 Lwt Open 2000m Under 23 Open 2000m Under 23 Women 2000m
14:22	Race 28	IAR4 Open 2000m IAR5 Open 2000m IAR6 Open 2000m IAR6 Women 2000m PR1 Open 2000m PR1 Women 2000m PR2 Open 2000m PR2 Women 2000m

TIME	RACE	CATEGORIES
14:37	Race 29	Masters 50-54 Lwt Open 500m Masters 50-54 Open 500m Masters 60-64 Open 500m Masters 70-74 Lwt Open 500m Masters 80-84 Lwt Open 500m Masters 80-84 Open 500m
14:44	Race 30	Masters 30-39 Open 500m Masters 55-59 Women 500m Masters 60-64 Lwt Open 500m Masters 70-74 Lwt Women 500m Masters 70-74 Women 500m
14:51	Race 31	Masters 40-49 Women 500m Masters 55-59 Lwt Women 500m Masters 55-59 Open 500m Masters 65-69 Open 500m Masters 65-69 Women 500m
14:58	Race 32	Masters 40-49 Open 500m
15:05	Race 33	Masters 30-39 Women 500m Masters 40-49 Lwt Women 500m Masters 50-54 Lwt Women 500m Masters 50-54 Women 500m Masters 60-64 Lwt Women 500m Masters 60-64 Women 500m Masters 65-69 Lwt Women 500m Masters 70-74 Open 500m Masters 75-79 Women 500m
15:12	Race 34	Masters 30-39 Lwt Open 500m Masters 30-39 Lwt Women 500m Masters 40-49 Lwt Open 500m Masters 55-59 Lwt Open 500m Masters 65-69 Lwt Open 500m Masters 75-79 Lwt Open 500m Masters 75-79 Open 500m
15:19	Race 35	Year 10 Girls 500m Year 8 Girls 500m
15:26	Race 36	Sixth Form Boys 500m
15:33	Race 37	Year 11 Boys 500m Year 9 Boys 500m
15:40	Race 38	Year 7 Boys 500m Year 7 Girls 500m Year 8 Boys 500m Year 9 Girls 500m
15:47	Race 39	Sixth Form Girls 500m Year 11 Girls 500m



TIME	RACE	CATEGORIES
15:54	Race 40	Year 10 Boys 500m
16:01	Race 41	Lwt Open 500m Open 500m Under 23 Lwt Open 500m Under 23 Open 500m
16:08	Race 42	Lwt Women 500m Under 23 Women 500m Women 500m
16:20	Race 43	IAR4 Open 1min IAR5 Open 1min IAR6 Open 1min PR1 Open 1min PR3 Open 1min Sixth Form Boys (IAR6) 1min Year 10 Boys (IAR6) 1min Year 9 Boys (PR3) 1min
16:28	Race 44	IAR4 Women 1min IAR5 Women 1min IAR6 Women 1min PR2 Women 1min PR3 Women 1min Sixth Form Girls (IAR6) 1min Year 8 Girls (IAR5) 1min Year 8 Girls (IAR6) 1min
16:36	Race 45	Adult Open 4km Relay Adult Women 4km Relay
16:51	Race 46	Adult Mixed 4km Relay
17:06	Race 47	Junior Girls 8mins Relay
17:21	Race 48	Junior Boys 8mins Relay
17:36	Race 49	Junior Mixed 8mins Relay
17:51	Race 50	Adaptive Mixed Junior 4km Relay Adaptive Open 4km Relay Adaptive Women 4km Relay